

Grit Your Teeth

COPPERKNOB
STEPSHEETS

拍数: 80 墙数: 3 级数: Phrased Intermediate
编舞者: Ryan Hunt (UK) - April 2018
音乐: Grit Your Teeth - Martin Luke Brown : (Single)



Intro: 16 counts - Sequence: A, ABCC, ABCC, ABCC, A

PART A: 16 counts

A1: L STEP WITH R SWEEP, R WEAVE WITH L SWEEP, BEHIND 1/4 TURN R, L ROCK FORWARD, L ROCK SIDE, BEHIND 1/4 TURN R, L STEP FORWARD

- 1 Step forward on L as you sweep R from back to front
2&3 Cross R over L, Step L to L side, Cross R behind L as you sweep L from front to back
4& Cross L behind R, make ¼ turn R stepping forward on R (3:00)
5&6& Rock forward on L foot, recover on R, Rock L to L side, recover on R
7&8 Cross L behind R, make ¼ turn R stepping forward on R, step forward on L (6:00)

A2: TRIPLE FULL TURN INTO R LOCK STEP, L MAMBO WITH R SWEEP, R STEP BACK WITH L SWEEP, L ROCK BACK, L CHASE 1/2 TURN

- 1& Make ½ turn over L shoulder stepping back on R, make ½ turn over L shoulder stepping L forward
2&3 Step forward on R, Lock L behind R, Step forward on R
4& Rock forward on L, Recover back on R
5-6 Step back on L as you sweep R from front to back, step back on R as you sweep L from front to back
7&8& Rock back on L, Recover forward on R, step forward on L, pivot ½ turn over R shoulder (12:00)

PART B: 32 counts

B1: 1/4 TURN R INTO L VAUDEVILLE, 1/4 L STEP BACK R, 1/4 L STEP L TO L SIDE, R CROSS & HEEL

- 1-2 Make ¼ turn R stepping L to L side, cross R behind L (3:00)
&3&4 Quickly step L to L side, dig R heel to R diagonal, Step R next to L, Cross L over R
5-6 Make ¼ turn L stepping back on R, make ¼ turn L stepping L to L side (9:00)
7&8 Cross R over L, Step L to L side, Dig R heel to R diagonal

B2: BALL CROSS, 1/4 TURN L STEP BACK ON R, SHUFFLE 1/2 TURN L, R SINGLE COUNT ROCKING CHAIR

- &1-2 Step R next to L, Cross L over R, make ¼ turn L stepping back on R (6:00)
3&4 Make ¼ turn L stepping L to L side, close R next to L, make ¼ turn L stepping L forward (12:00)
5-6 Rock forward on R foot, recover back on L
7-8 Rock back on R foot, recover forward on L

B3: 1/4 TURN L INTO R VAUDEVILLE, 1/4 R STEP BACK L, 1/4 STEP R TO R SIDE, L CROSS & HEEL

- 1-2 Make ¼ turn L stepping R to R side, cross L behind R (9:00)
&3&4 Quickly Step R to R side, dig L heel to L diagonal, Step L next to R, Cross R over L
5-6 Make ¼ turn R stepping back on L, make ¼ turn R stepping R to R side (3:00)
7&8 Cross L over R, Step R to R side, Dig L heel to L diagonal

B4: BALL CROSS, 1/4 TURN R STEP BACK L, R SHUFFLE BACK, ROCK BACK L RECOVER, FULL TURN

- &1-2 Step L next to R, Cross R over L, make ¼ turn R stepping back on L (6:00)
3&4 Step back on R, close L next to R, step back on R
5-6 Rock back on L, Recover on R
7-8 Make ½ turn R stepping back on L, Make ½ turn R stepping forward on R (6:00)

PART C: 32 counts

Note: Clock references are for your first B which starts facing 6:00. You will also dance B facing 9:00

C1: WALK L, WALK R, OUT OUT, STEP L BACK, CROSS R OVER L, L BACK LOCK STEP, R COASTER STEP

- 1-2 Walk forward on L, walk forward on R
- &3 Step L slightly forward and out to L side, step R to R side (feet shoulder width apart)
- 4-5 Step L back, cross/lock R over L
- 6&7 Step L back, cross/lock R over L, step L back
- 8&1 Step R back, close L next to R, Step forward on R

Note: you will naturally angle at approximately 5:00 for counts 4-7, straightening up to 6:00 for the coaster step

C2: L STEP FORWARD, R SHUFFLE FORWARD, L STEP 1/2 PIVOT TURN R, L DOROTHY STEP

- 2 Step forward on L
- 3&4 Step forward on R, Close L next to R, Step forward on R
- 5-6 Step forward on L, pivot ½ turn R (12:00)
- 7-8& Step forward on L, lock R behind L, step forward on L

C3: BROADWAY JAZZ BOX, HOLD, BALL SIDE, R TOUCH BALL CROSS

- 1-4 Step forward on R, cross L over R, step back on R, step L to L side
- 5&6 Hold count 5, quickly step R next to L, step L to L side
- 7&8 Touch R foot next to L, quick step on R, cross L over R

C4: 1/4 TURN STEP BACK ON R, 1/2 TURN STEP FORWARD L, & JUMP TOGETHER, STEP BACK R, ROCK BACK L, RECOVER R, L STEP 1/2 PIVOT TURN R

- 1-2 Make ¼ turn L stepping back on R, make ½ turn L stepping forward on L (3:00)
- &3-4 Quick jump/step forward on R, close L next to R, step back on R
- 5-6 Rock back on L, Recover on R
- 7-8 Step forward on L, pivot ½ turn over R shoulder (9:00)

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